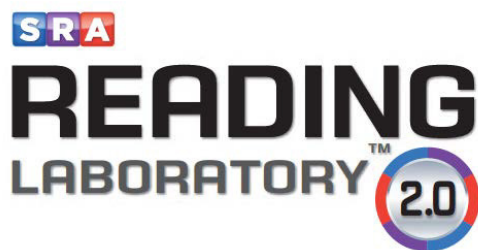


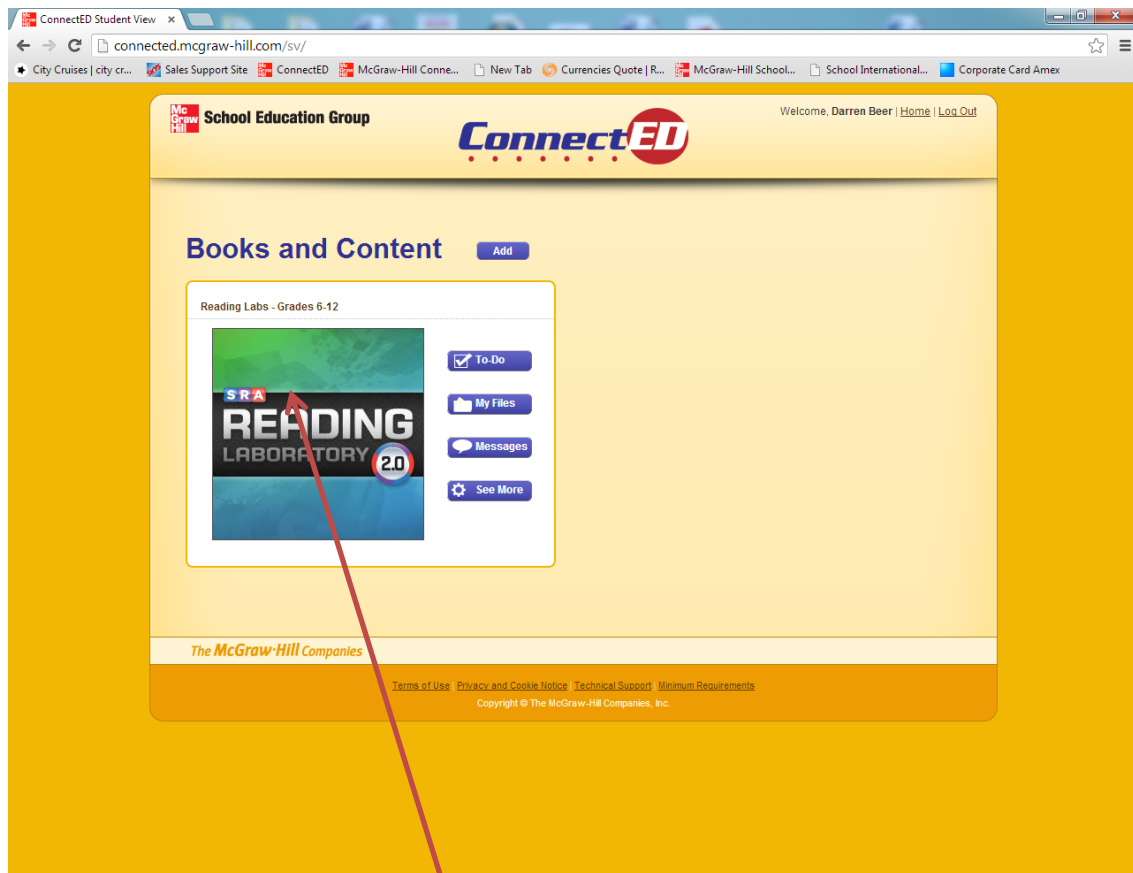


School
Education

Student User Guide

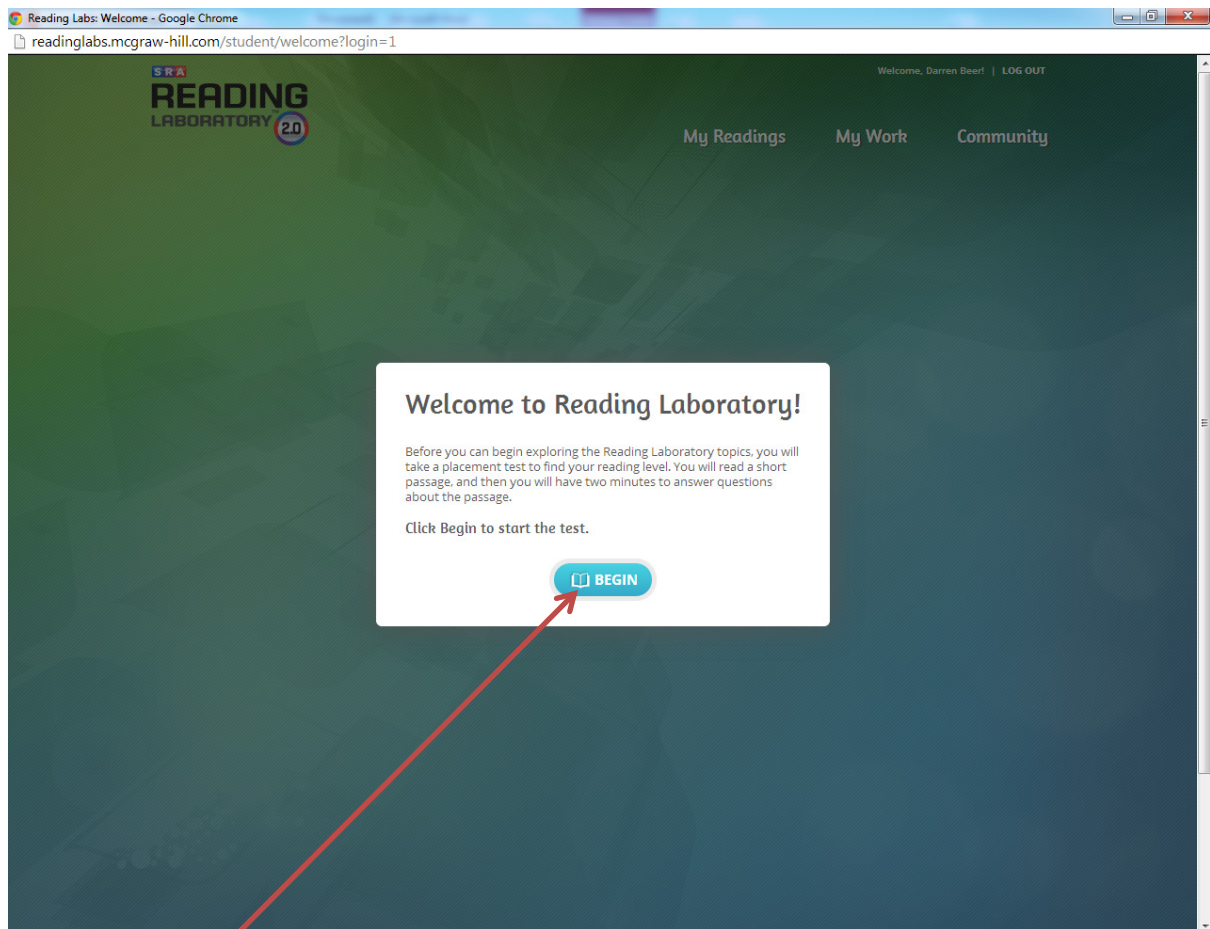


Student Aspect of Reading Lab 2.0



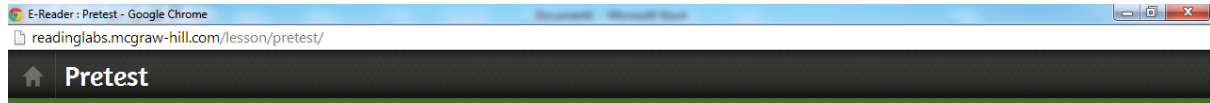
Click here to access the resource as a student

Pretest Screen



Click with the mouse to begin the placement test

Pretest



Reading Passage

← 1 of 2 →

AA

Not far from our house is a small canyon with steep walls. It is really an amazing place, and when friends or family come to visit, we always take a walk in it.

The canyon was formed by water that flowed down the hill after rains. Even though it doesn't rain much where we live, the storms are strong. The stream that forms after a storm lasts for only an hour or so, but it is very powerful.

The rocks in the canyon are interesting. Some of them even have fossils of shells and other sea creatures. Millions of years ago, an ocean covered the area, even though it is a desert today. I love the expressions on my friends' faces when they find a shell in the middle of the desert.

Some animals live in the arroyo. Most of them are small, like mice, rats, rabbits, and squirrels. I should add that the rats are not the disgusting kind that most people think of. These are called woodrats, and they have a strange hobby. They collect things like rocks, sticks, and the stuff that humans lose or leave behind. The collection is assembled at the opening of the woodrat's nest.

Once you have completed the passage, click on the number 2

Pretest

E-Reader : Pretest - Google Chrome
readinglabs.mcgraw-hill.com/lesson/pretest/

Pretest

Reading Passage 2 OF 2

Not far from our house is a small canyon with steep walls . It is really an amazing place , and when friends or family come to visit , we always take a walk in it .

The canyon was formed by water that flowed down the hill after rains . Even though it doesn't rain much where we live , the storms are strong . The stream that forms after a storm lasts for only an hour or so , but it is very powerful .

The rocks in the canyon are interesting . Some of them even have fossils of shells and other sea creatures . Millions of years ago , an ocean covered the area , even though it is a desert today . I love the expressions on my friends'faces when they find a shell in the middle of the desert .

Some animals live in the arroyo . Most of them are squirrels . I should add that the rats are not the disgusting kind that most people think of . They have a strange hobby . They collect things like rocks , sticks , and the stuff that humans lose or throw away . I love the opening of the woodrat's nest .

Continue to timed questions?

GO BACK CONTINUE

Click "Continue" once completed

Pretest

E-Reader : Pretest - Google Chrome
readinglabs.mcgraw-hill.com/lesson/pretest/

Pretest

Multiple Choice 2 OF 2

Choose the correct answer.

1 What is this story about? ✓

A. a river B. **a canyon**

C. an ocean

2 What can be found in the rocks?

A. diamonds

C. **fossils**

3 What was the area like long ago?

A. **It was covered by an ocean.** B. An ancient city was there.

C. Ice and snow were all around.

4 What is the area like now? ✓

A. It is a beach. B. It is a jungle.

C. **It is a desert.**

Good Job!

What did you think of this reading selection?

☐ Too easy

☒ This felt right

☐ Too hard

CONTINUE

✓ CHECK ANSWERS

readinglabs.mcgraw-hill.com/lesson/pretest/#

Once you have answered the questions above and ticked the relevant box click on continue

My Readings

Reading Labs: 0.2 Interests - Google Chrome
readinglabs.mcgraw-hill.com/student/interests

Welcome, Darren Beer! | LOG OUT

My Readings My Work Community

Reading Topics

[View All Readings](#) [Home](#)

Tell us what you like!

Click the checkbox next to the subjects you find interesting. You can choose as many as you like. Interests can be updated at any time.

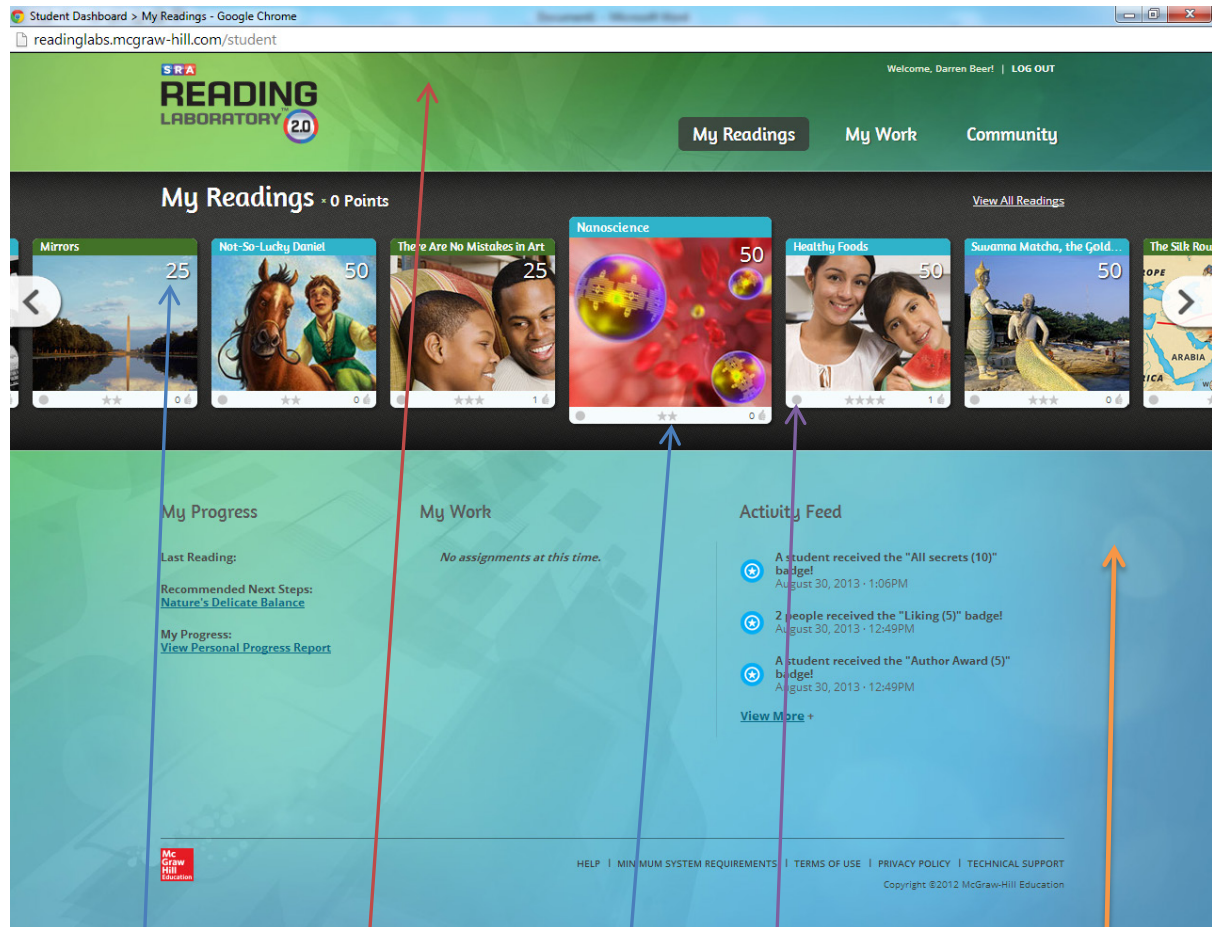
[SKIP](#) [SUBMIT](#)

 Adventure	 Animals	 Art and Music	 Business and Money
 Community	 Culture	 Earth and Space	 Energy, Forces, Motion
 Environment	 Events	 Family and Home	 Folktales, Myths, and Legends

To select specific reading topics, click on the white box in each of the category boxes. Once you have completed your selections click on “submit”.

If you do not wish to select specific reading topics click on “skip” to continue

My Readings



The Lexile Levels are shown by the colour

The points on the passage

25 points are passages that are "on level"

50 points are passages that are more difficult ACT (Access Complex Text)

The Circle

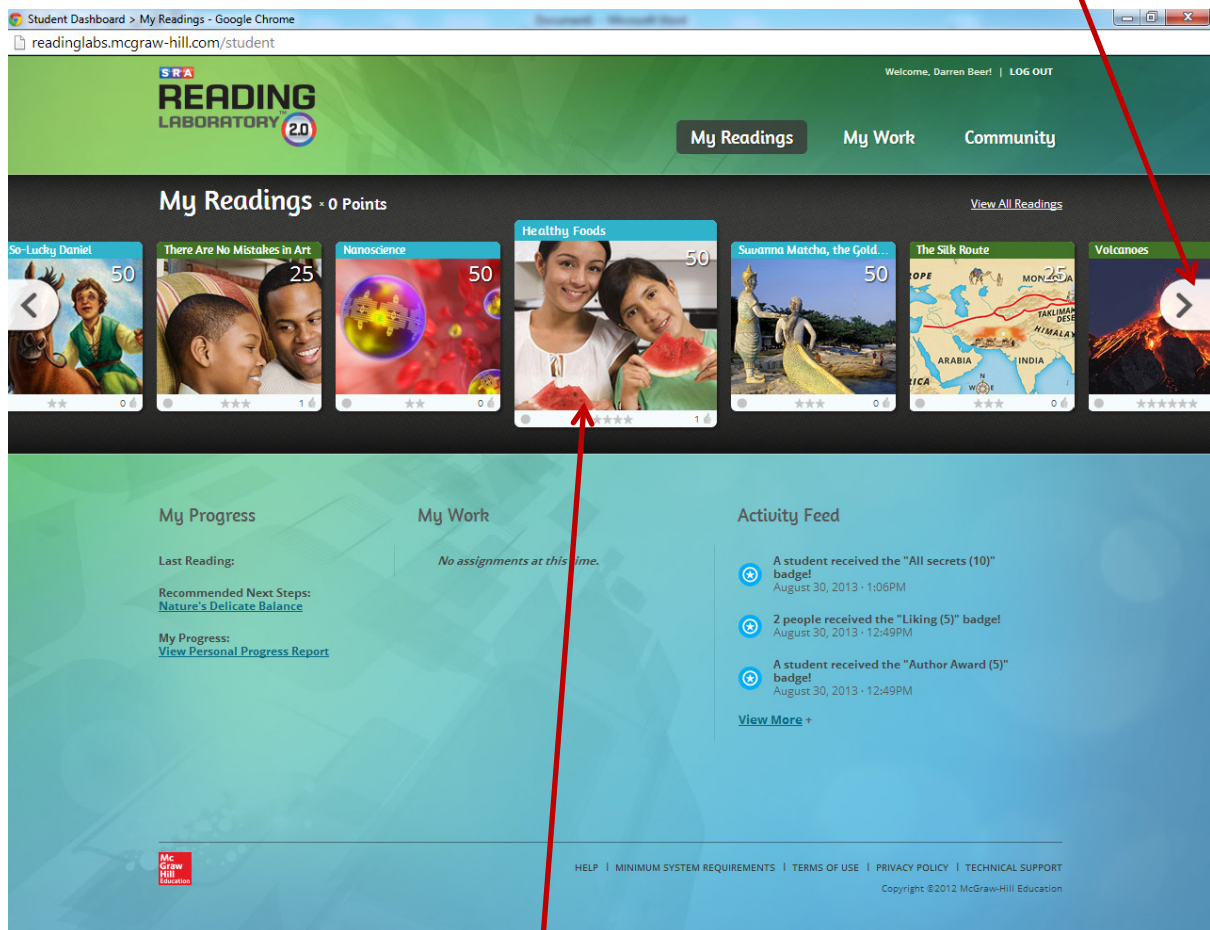
If the circle is green with a tick in it, this means that you have completed the passage
If the circle is half full, it means that you have started but not completed the

The Star determines how many secrets are in the passage

The thumb tells you how many people have read the passage and "liked" the passage, if the thumb is in green this means that you have read the passage before and liked it.

To scroll through the passages – click on the arrows at the right and left of the screen

The system will also recommend a reading to you based on your topic selections



Once you decide on a reading click on the Reading Passage

Selecting a Reading Passage

Student Dashboard > My Readings - Google Chrome
readinglabs.mcgraw-hill.com/student


Welcome, Darren Beel | LOG OUT

My Readings My Work Community

My Readings - 0 Points [View All Readings](#)

So-Lucky Daniel 50 There Are No Mistakes in Art 25 Nanoscience 50 Healthy Foods 50 Susanna Matcha, the Gold 50 The Silk Route 25 Volcanoes

Healthy Foods 50 Points ×


Blend Images/Picturenet/the Agency Collection, Getty Images


Genre Informational Text

Focus We need to eat a balanced variety of foods. This helps us maintain a healthy lifestyle. Find out exactly what makes up a balanced diet.

Think

- What foods and drinks make up your diet, or the food you eat daily?
- How do you feel after you eat a healthy meal and after you eat an unhealthy meal?
- Think of your favorite foods. Do you think they are healthy?

Write Name three kinds of food from each part of the healthy-eating plate.

 **READ**

[View More](#)

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A synopsis of the Reading Passage will appear, if you like to look of the reading click “Read” button.

If you don’t like the sound of the reading, click on the “x” button and select an alternative passage.

The Reading Passage screen & options

This button will take you back to the My Readings page

These icons are called the “crumbs” and you can see where you are in the passage – The Reading, Comprehension, Word Study, Writing & notes

This totals how many “secret” points you have

The screenshot shows a web browser window with the address bar displaying 'readinglabs.mcgraw-hill.com/student/lesson/279'. The page title is 'Healthy Foods x 0'. The main content area is titled 'Reading Passage' and shows a paragraph about the 'Healthy meal model' created by the USDA. The text describes a food plate divided into four sections: vegetables, fruits, whole grains, and healthy protein. On the side are healthy oils and water. Below the text are two numbered questions. The first question asks about nutritious foods, and the second asks about the importance of eating well. The page also features a sidebar with a font size adjustment icon (AA) and a list of icons (crumbs) for navigation. A blue arrow points from the 'My Readings' button to the 'Healthy Foods' title. Another blue arrow points from the 'crumbs' icons to the 'The Reading, Comprehension, Word Study, Writing & notes' text. A third blue arrow points from the 'secret' points text to the 'x 0' next to the title. A fourth blue arrow points from the font size icon to the 'Font Size' text. A fifth blue arrow points from the highlight icon to the 'Click here if you would like to highlight a word, sentence or paragraph' text.

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 0

Reading Passage 1 OF 2

Healthy meal model

The United States Department of Agriculture (USDA) has created a model of a nutritious meal. This healthy meal model can guide us in what we should eat to stay strong and healthy. There are six food groups in the meal model. This meal model is shown as a food plate. The main plate is divided into four sections: vegetables, fruits, whole grains, and healthy protein. On the side are healthy oils and water.

3 The portion sizes of foods that are biggest on the plate are the most important. We need to eat the most of these types of foods to maintain a healthy, nutritious diet. The portion sizes of foods that are shown as smaller should be eaten in smaller amounts. We don't need as much of them to stay healthy, and we should actually limit the amount we eat of those foods. How much food you need is determined by your age, height, and weight. If you get confused about what you should be eating, your doctor can answer any questions you have.

4 About one fourth of the plate should be grains. These kinds of foods are packed with energy that you can use right away, so it is a good idea to eat these foods often if you are very active. Whole grains have more nutrients, while refined foods are not as good. Try to eat whole grain pasta and breads.

1 What foods do you like to eat? Do you like food that is nutritious? There are many delicious foods that are also good for you. It's important to eat healthy foods so that you maintain a healthy lifestyle.

2 We all know it is important to eat well, but it can be hard to know how!

Font Size

Click here to adjust the size of the font

Click here if you would like to highlight a word, sentence or paragraph

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 5

Reading Passage 1 OF 2 →

AA
word sentence paragraph




Image Source/Corbis

- 1 What foods do you like to eat? Do you like food that is nutritious? There are many delicious foods that are also good for you. It's important to eat healthy foods so that you maintain a healthy lifestyle.
- 2 We all know it is important to eat well, but it can be hard to know how! The United States Department of Agriculture (USDA) has created a model of a nutritious meal. This healthy meal model can guide us in what we should eat to stay strong and healthy. There are six food groups in the meal model. This meal model is shown as a food plate. The main plate is divided into four sections: vegetables, fruits, whole grains, and healthy protein. On the side are healthy oils and water.
- 3 The portion sizes of foods that are biggest on the plate are the most important. We need to eat the most of these types of foods to maintain a healthy, nutritious diet. The portion sizes of foods that are shown as smaller should be eaten in smaller amounts. We don't need as much of them to stay healthy, and we should actually limit the amount we eat of those foods. How much food you need is determined by your age, height, and weight. If you get confused about what you should be eating, your doctor can answer any questions you have.

By clicking sentence, the sentence will be highlighted when you click on it.

If you click on a word you will have an option to write notes or share the reading. The notes will be saved against your details. If you share the reading passage, you select your reasons for sharing from a dropdown list and this will be shared on the Community Feed.

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 5

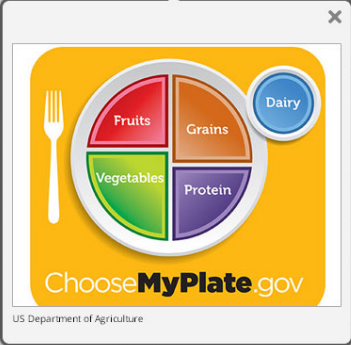
Reading Passage 1 OF 2 →

AA
— 🔍



Image Source/Corbis

- 1 What foods do you like to eat? Do you like food that is nutritious? There are many delicious foods that are also good for you. It's important to eat healthy foods so that you maintain a healthy lifestyle.
- 2 We all know it is important to eat well, but it can be hard to know how! The United States Department of Agriculture (USDA) has created a model of a nutritious meal. This **healthy meal model** can guide us in what we should eat to eat well. There are six food groups in the model shown as a food plate. The sections: vegetables, fruits, grains, protein, dairy, and healthy fats. On the side are healthy fats.






answer any questions you have.

Secret Points

These are words that **“shimmy and shake”** when you click on the word/words a box will appear that says “Explore or Define”. By clicking on the secret words you will attract points. This button could be trivia, video, definition, animation, images or multiple choice options.

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 15

Reading Passage    2 OF 2

4 About one fourth of the plate should be grains. These kinds of foods are packed with energy that you can use right away, so it is a good idea to eat these foods often if you are very active. Whole grains have more nutrients, while refined foods are not as good. Try to eat whole grain pasta and breads.

5 Another quarter of your plate should have proteins. Many meats and beans are full of protein, which helps you build muscle. Try to avoid meats that have a lot of salt, like bacon or cold cuts.

6 Vegetables take up almost half of the meal model on the plate. The rest of the plate should be full of fruits. These foods contain valuable vitamins and minerals that your body needs but cannot produce on its own. You need these vitamins and minerals to stay strong. While any fruit or vegetable is good for you, fresh fruits and vegetables are the very best. It's okay to eat canned or frozen fruits and vegetables sometimes, but try to eat fresh ones as often as you can. They have the highest amount of the vitamins and minerals that your body needs!

7 On the side, outside the plate, are healthy oils.

These should be used in small quantities because our bodies do not need them much to survive. Healthy oils like olive oil and canola oil can be used as dressing on a salad or in cooking.

8 Not shown on the plate are sweets and fatty foods. They are not part of a healthy diet. That doesn't mean you can't have an occasional treat, though! Just make sure to limit how much junk food you eat. That way, you'll maintain a healthy, balanced diet.

9 Some people have special needs that keep them from eating certain foods. For these people, a doctor can suggest what to eat instead. They might need to take vitamins or eat other kinds of foods to replace the ones they cannot eat.

10 Exercise is also important. It helps you use the food you eat to fuel your body. Your body works at its best when you eat well, so it is very important to keep yourself healthy. That way you have more energy, strength, and endurance. Stay healthy to do the things you love.

Audio Assisted

If you would like to read the passage with audio, click on the “play” button next to the headset icon.

The paragraphs or sentences will be highlighted as the passage is read out depending on the option you selected

Comprehension Task

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 15

Comprehension

Drag from left to right to connect the causes to their effects. Press Check Answer when you are finished.

1 OF 1

?

✓

Eat fresh fruits and vegetables.

not sure what to eat

Eat a plate of at least 25% of protien.

Eat too much fat, salt, and sugar.

Eat a balanced variety of foods.

Build muscle.

Read the USDA model of a nutritious meal

Maintain a healthy lifestyle.

Receive higher amounts of vitamins.

Feel unhealthy.

CHECK ANSWER

Comprehension, follow the instructions on the screen to complete the task.

Click here if you would like to see an explanation of the task for example on this task an explanation of "cause and effect".

Click here for a video on how to complete the task

Comprehension Task

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 15

Comprehension

Drag from left to right to connect the causes to their effects. Press Check Answer when you are finished.

1 OF 1

Causes:

- Eat fresh fruits and vegetables.
- not sure what to eat
- Eat a plate of at least 25% of protien.
- Eat too much fat, salt and sugar.
- Eat a balanced variety of foods.

Effects:

- Build muscle.
- Read the USDA model of a nutritious meal
- Maintain a healthy lifestyle.
- Receive higher amounts of vitamins.
- Feel unhealthy.

Complete the task and once completed a button will appear at the right hand side bottom of the page that says “Check Answers” – click on the button.

If the answers are correct you will move to the next comprehension task

Please note the change on the “Crumbs” as you work through the tasks for the passage.

Comprehension Task

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 15

Comprehension 1 OF 1

Complete each sentence using context clues to help you. Type the missing word into the space below. Press Check Answer when you are finished. For more information about context clues, press the question mark icon.

1 If you eat a lot of , you can build muscle. ✓

2 If you are very active, you should eat lots of . ✗

3 To eat food with more , try whole grains. ✓ CHECK ANSWER

4 Eating too much fat, sugar, and salt can be . ✓ CHECK ANSWER

5 Use healthy oils in small , because we only need a little. ✓ CHECK ANSWER

6 Sweets and fats are not part of a healthy . ✓ CHECK ANSWER

Complete the task, checking your answers as you go.

Word Study

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 15

Word Study 1 OF 1

Read the descriptions. Then choose the text type each describes. Use the wheel to choose your answer. Press Check Answer when you are finished. For more information about text type, press the question mark icon.

- 1 cookbook by someone who changed their habits to eat well
poetry
narrative nonfiction
persuasive essay
CHECK ANSWER
- 2 short story about a boy who lost weight by running
persuasive essay
fiction
informational text
CHECK ANSWER
- 3 stanza about fruits in the refrigerator
historical fiction
poetry
persuasive essay
CHECK ANSWER
- 4 brochure from the USDA on a meal model
informational text
narrative nonfiction
short story
CHECK ANSWER

Complete the answers accordingly clicking on the Check Answers button

Writing Task

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Healthy Foods x 15

Writing

Name three kinds of food from each part of the healthy-eating plate.

Title:

My dinner plate consists of vegetables, rice and chicken. This helps me to make sure that I am eating fresh vegetables, grains and protein to help my muscles grow.

Share Writing?
Would you like this to appear in the community feed after your teacher has checked it? Your writing is anonymous.

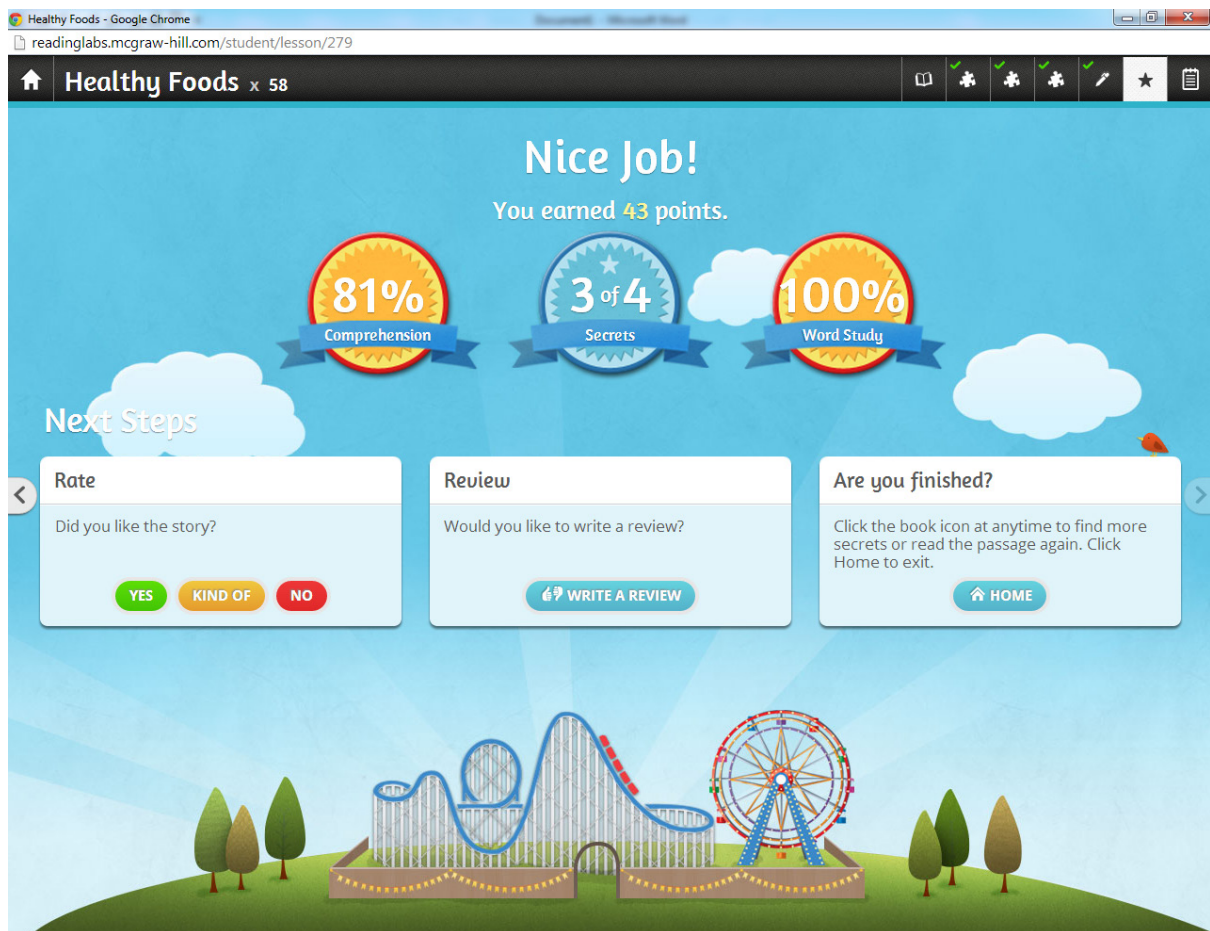
☒ Yes ☐ No

SUBMIT

Once you have completed the writing task you can decide whether you would like to share your writing with you community (your school).

If you click “Yes” your teacher will need to review the writing and they will then release your work to the community anonymously.

Once completed click on “Submit”



Completed!

Once completed this screen gives you the opportunity to:

Rate the story

Review the story

You will see your scores for the passage

Click on the “Home” button – Are you finished to take you back to My Readings home screen.

Writing a Review

Healthy Foods - Google Chrome
readinglabs.mcgraw-hill.com/student/lesson/279

Home Healthy Foods x 58

My Review of *Healthy Foods*

What did you like or dislike about this reading passage? Do you think others would enjoy reading this passage? Write a review and share your thoughts about the setting, characters, and plot. Be sure to use specific examples from the passage to support your point of view.

Title: Healthy Foods

I found this passage really interested, it will make me stop and think about the options I have when choosing food.

My Rating: 1 3 4 5

Share Review?
Would you like this to appear in the community feed after your teacher has checked it? Your writing is anonymous.

☒ Yes ☐ No

CANCEL SUBMIT

You can rate the reading by moving the star along with scale

Click submit once completed

Share the review by clicking yes. This means that your teacher will check it and it will then be seen in the "feeds" in your community. The review will be anonymous.

My Readings Page

See the number of points that you have achieved.

Click here to switch to Community

Click here to switch to My Work

The screenshot shows the 'My Readings' page in the Reading Laboratory. At the top, there's a navigation bar with 'My Readings', 'My Work', and 'Community' tabs. The 'My Readings' tab is active, showing a total of 58 points. Below this, there's a row of reading passages with their respective point values: 'Zones' (50), 'Suwanna Matcha, the Gold...' (50), 'How the English Language...' (25), 'Crunchy Puffs for Breakfast' (50), 'Saving Our Natural Resources' (25), 'The Servant and the Animals' (50), and 'Bellerophon and Pegasus' (50). Each passage has a small thumbnail image and a star rating. Below the passages, there's a section for 'My Progress' and 'My Work'. The 'My Progress' section shows the last reading as 'Healthy Foods' and recommends the next step as 'Crunchy Puffs for Breakfast'. The 'My Work' section shows completed assignments like 'Healthy Foods' and 'My dinner'. The 'Activity Feed' on the right shows recent achievements and badges. At the bottom, there's a footer with links for help, terms of use, privacy policy, and technical support, along with a copyright notice for McGraw-Hill Education.

Tells you your last Reading Passage

Recommends your next step, this could be another passage or Fluency Check if you are due to complete one.

My Work Page

Reading Labs: 2.0 Teacher Notes - Google Chrome
readinglabs.mcgraw-hill.com/student/my_work

Welcome, Darren Beer! | LOG OUT

My Readings My Work Community

My Work

How To Video

Assignments To Do Completed Notes

No assignments at this time.
[View All Assignments +](#)

My Progress My Level: [Level]

February March April May June July August

Goal Line: [Line] Previous Month: [Line] This Month: [Line]

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Allows you to see any assignments that are due or have been completed.

Check any notes that you might have typed

My progress shows the level that you are currently on and the Goal Line in the graph shows your target set by your teacher.

Click on the “How to Video” for further information/instructions

My Community Page

Reading Labs: 3.0 Community - Google Chrome
readinglabs.mcgraw-hill.com/student/community

Welcome, Darren Beer! | LOG OUT

My Readings My Work Community

Community

How To Video

Activity Feed

- 13 people received the "Author Award" badge!
August 30, 2013 - 2:45PM
- 9 people received the "Liking" badge!
August 30, 2013 - 2:44PM
- 9 people received the "Set" badge!
August 30, 2013 - 2:43PM
- 9 people received the "All secrets" badge!
August 30, 2013 - 2:43PM
- A student shared a review about a reading!
August 30, 2013 - 2:42PM
[Read and Rate](#)
- 4 people received the "Reading Review" badge!
August 30, 2013 - 2:42PM
- A student shared a sentence from "The Largest Animals in the World": "I hope to read more passages like this. "This curtain is called a baleen, which is made of fine whalebone."
- A student received the "Shared a passage" badge!
August 30, 2013 - 2:41PM
- 8 people received the "Welcome" badge!
August 30, 2013 - 2:30PM
- You shared a review about a reading!
August 30, 2013 - 2:29PM
[Read and Rate](#)

[View All Activity](#)

Rewards

Make your own poster!

START NOW

Total Points: 58

Badges: 4

Mini Games

Click on a game icon to play. Each game play costs 125 points.

Drop Jargon Hunter Words in Space Picture This Make A Scene

Activity Feed

This allows you to see any passages that have been reviewed or liked. Please note that any feeds are anonymous. Any feeds that are generated with "Standard Text" from within the resource will be sent to the Community/Worldwide. (If you share text within a Reading Passage)

Make your own poster!

This takes into account the number of points and badges that you have collated. When making the poster you will only be able to click on certain icons where you have obtained enough points. Once created the total deducts the badges used

Mini Games require 125 points to play and once you have played the game the total will be reset/points deducted instantly over a limited time